

DECIPHERING DISCOMFORT

SHOULD I SEEK MEDICAL CARE FOR MY BABY?

During the first weeks after birth, newborns are adapting to life outside the womb, a significant transition that often affects their sleep and eating patterns. It's common for them to exhibit behaviors that might concern you, such as spitting up, irregular or loud breathing, making noises during sleep, eye-crossing for focus, appearing congested, sneezing, and hiccupping. These behaviors are typically normal. This guide aims to help you identify what's likely normal, when to contact your doctor, and when emergency care is needed. Camarena Kids is committed to supporting you at every step. Should you have any questions or concerns, don't hesitate to reach out to your Camarena Kids Pediatrician.

When to Contact Your Pediatrician:

- Difficulty waking baby for feedings
- Non-stop crying
- Temperature over 37.5°C (100°F)
- Persistent vomiting/diarrhea
- More than 10-12 bowel movements per day (breastfed) or watery, more than 6 per day (bottle-fed)
- No bowel movement for 24 hours
- Fewer than 6 wet diapers in 24 hours
- Feeding less than 6 times in 24 hours
- Signs of dehydration: dry tongue and lips
- Yellow skin or eye whites
- Unusual discharge or smell from cord/belly button
- Redness around cord larger than a toonie
- Eye discharge (yellowish-green)

Normal Newborn Behaviors:

- Irregular breathing, loud breathing sounds
- Making noises during sleep
- Crossing eyes to focus
- Congestion, sneezing, hiccupping
- Spitting up

Emergency Situations:

- Difficulty waking baby
- Rapid or troubled breathing
- High fever

For any concerns, trust your instincts and contact Camarena Kids Pediatrician.

Is your baby feeling unwell? Schedule an appointment for expert care.



Camarena Health Pediatrics
(559) 664-4000

Camarena Kids
441 E. Yosemite Ave.
Madera, CA 93638

camarenahealth.org/first-steps

